



SUNDAY 17 NOVEMBER

8:30am - 12:15pm

ERN CLARK ATHLETICS CENTRE

Tiny Tots, U6, U7, U8 & U9

coles



LANDMARK



Event Overview:

Each age group/gender for the Under 6's to Under 9's will have 2 groups each with 20 athletes in each group, whilst the Tiny Tots will have 2 boys' groups and 2 girls' groups.

Registrations will be on a first come, first served basis and athletes will be charged \$10 each.

Upon arrival athletes will check in at a check in station where they will be given a sticker with their group name.

Athletes will rotate through the 11 stations with their group where they will be at each station for 15 minutes each.

There will be 8 Track and Field Stations, an Aboriginal Artwork Station, Animal Engagement Station and an Interactive Emergency Services Station.

Ages:

3 & 4 Years Old - Tiny Tots (Siblings of Registered LAWA Members)

U6, U7, U8 & U9 - Registered Little Athletics WA Athletes

Gender:

Boys and Girls

Registration Fee:

\$10 per athlete

Registration Link:

<https://www.eventbrite.com.au/e/2019-little-athletics-wa-junior-athletics-carnival-tickets-68941388549>

Location:

Ern Clark Athletics Centre, Cannington

Group Names:

TT B 1 - Apples

TT B 2 - Cherries

TT G 1 - Melons

TT G 2 - Pineapples

U6 B 1 - Potatoes

U6 B 2 - Cucumbers

U6 G 1 - Lemons

U6 G 2 - Carrots

U7 B 1 - Spinach

U7 B 2 - Kiwi Fruits

U7 G 1 - Bananas

U8 G 2 - Oranges

U8 B 1 - Capsicums

U8 B 2 - Peaches

U8 G 1 - Avocados

U8 G 2 – Blackberries

U9 B 1 - Lettuces

U9 B 2 – Sweet Potatoes

U9 G 1 - Blueberries

U9 G 2 – Mandarins

Event Stations:

Interactive (2 Groups at the same station):

- Emergency Services
- Aboriginal Artwork Wall
- Go for 2 & 5

Track & Field Stations (x 2 of Each):

- Sprints Coaching
- Hurdles Coaching
- Long Jump Coaching
- Shot Put Coaching
- Discus Coaching
- Javelin Coaching

Competition Stations:

- 100m Races
- Long Jump (2 Pits)

Event Times:

15 Minutes per station & 2 Minutes rotation time

Check in Opens: 8:00am

Briefing: 8:30am

1st Rotation: 8:45am – Siren at 9:00am

2nd Rotation: 9:02am – Siren at 9:17am

3rd Rotation: 9:19am – Siren at 9:34am

4th Rotation: 9:36am – Siren at 9:51am

5th Rotation: 9:53am – Siren at 10:08am

6th Rotation: 10:10am – Siren at 10:25am

BREAK TIME – 20 Minutes – Line up at 10:40am

7th Rotation: 10:45am – Siren at 11:00am

8th Rotation: 11:02am – Siren at 11:17am

9th Rotation: 11:19am – Siren at 11:34am

10th Rotation: 11:36am – Siren at 11:51am

11th Rotation: 11:53am – Siren at 12:08pm

Last Rotation Ends: 12:08pm

Groups Come In & Farewell: 12:15pm

Station Information:

Track & Field Stations:

Each track and field event station will be coordinated by an accredited Little Athletics WA / Athletics WA coach. Athletes will learn basic drills and techniques which they can use through the 2019 / 2020 season.

This year we will include 2 new Track & Field Stations, a 100m races station and a Long Jump station which will allow athletes to compete in a competition environment.

Emergency Services Station:

St John Ambulance through their Youth and Community Engagement Team will be onsite with an Ambulance that the athletes can walk through as well as going through different techniques of bandaging an injured body part.

Aboriginal Artwork Station:

At this station athletes will have the opportunity to create some aboriginal artwork. This will be done on a large white cloth and once finished will be displayed at all Little Athletics WA state events during the 2019 / 2020 season.

Go for 2 & 5 Station:

Athletes will take part in a variety of health-based activities and games which encourage the message of Go for 2 & 5.

Event Rotation Schedule:

	Emergency Services	Shot Put Coaching	Long Jump Coaching	Discus Coaching	Aboriginal Artwork	Hurdles Coaching	Long Jump	Go for 2 & 5 Station	Sprints Coaching	Javelin Coaching	100m Races
ROTATION 1	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK
ROTATION 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2
ROTATION 3	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2
ROTATION 4	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2
ROTATION 5	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2
ROTATION 6	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2
EVENT BREAK TIME											
ROTATION 7	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2
ROTATION 8	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2
ROTATION 9	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2	6 B 1 6 B 2
ROTATION 10	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2	TT G 1 TT G 2
ROTATION 11	TT G 1 TT G 2	6 B 1 6 B 2	6 G 1 6 G 2	7 B 1 7 B 2	7 G 1 7 G 2	8 B 1 8 B 2	8 G 1 8 G 2	9 B 1 9 B 2	9 G 1 9 G 2	STATION BREAK	TT B 1 TT B 2

Event Helpers:

We are looking for helpers to assist with each event rotation.

Anyone aged 13 and above is encouraged to register their interest to volunteer using this link:

<https://forms.gle/5ZGbpoMRHUSBXGZE9>

All volunteers will be provided with water for the duration of the event.

Little Athletics WA will be more than happy to sign off for student volunteer hours for anyone that chooses to volunteer.

Coles Bananas:

Over 200 Coles bananas will be available during the event so make sure you come and grab one at the Coles marquee.

Coffee Van:

A Coffee Van will be onsite during the event so please utilise this if you wish.

Sausage Sizzle:

A sausage sizzle will be operating right throughout the morning so you will be able to warm up with some delicious hot food.

Event Parking:

TBC

Further Information:

Should you require any further information that your Centre Team Manager cannot provide please contact the LAWA office on 08 9388 2339 or email jake@walittleathletics.com.au